

## **Awakenings, Transformations, and Enlightenment – Initiate Level**

This document introduces you to the study of Awakening. An *“Awakening”* is a shift or transformation of consciousness where we look at the world through the eyes of our Higher Self or Spiritual being, and not through the eyes of our Lower Self or ego. From this higher consciousness we connect with the energies of the Universal Source. Awakenings are the result of transformations. Transformations are the perceptive movements towards greater awareness and consciousness. Under this umbrella are the following categories of transformations: epiphanies, realizations, and major revelations.

The most important thing to remember is that there are all kinds of phases within phases, cycles within cycles, and shifts within shifts to transformations. The individual who experiences transformations feels dynamically changed by a greater more intelligent force that automatically tears down illusions while simultaneously revealing the true Universe and one's greatest light. In these transformations, acceptance and acknowledgement are crucial, and redirects your energy to focus inward. These transformations of new awareness accept and see everything perfectly.

With this comes dramatic changes' usually starting by clearing out illusions and the darkness resulting from those illusions. Most individual's focus on the singular point of awakening, that amazing "Ah-ha!" moment. While that is a critical piece of the awakening process, the more important transition is awakening from sleep-mode to being awake (aware) every moment. The awakening ushers in a time of transition that can be unsettling, unstable, and unique. But it is a time of embracing these new and amazing parts of you. It will be a time of expansion and contraction as you grow and identify the core issues that are unresolved and holding you back.

There are different depths of awakening. It has always been with you, but now, you are aware and know this. Once you are on this higher conscious path, there are key factors such as discipline, building up internally focused energy, and a host of other spiritual tools that become important. Without these tools, the individual will revert to old habits and patterns. Your inner current has not been set loose for a long time, and much of your work is about learning to open up so that the inner intelligence recorded in your soul blueprint and shaping your life is back in accordance with the divine.

The first phase is the gathering of energy that pulls you more deeply inwards. It's akin to taking a deep dive into the ocean, where the deeper you go the darker it gets and the more pressure you feel. The more you clear out the darkness in the depths, the more Light and the more awareness of reality comes into focus. Along with this phase is a simultaneous phase of embracing your true self and your Light. These things happen together, but one tends to be more prominent than the other. At the start, it tends to be about facing the darkness while still clinging to old unconscious ego habits. As you move forward and make a choice to truly stand in your Light and renew your true self you will dissolve any attachments or investments in the Lower Self ways.

Awakening removes the illusion that covers up the truth. Without illusions in the way, we naturally behave from a deep love, integrity, and harmony with all those around us. Truths become clearer and

clearer as bits of darkness dissolve and more of your inner light is revealed. With the greater light shining on everything, more darkness is illuminated. Deep levels of anger, shame, fear, and depressive sadness get illuminated, and a lot of inner turbulence becomes the norm in this particular phase. Each issue gets met in slightly different ways, but it all starts with acceptance and acknowledgement. The awakened space will not tolerate ignorance and blindness, and so it is not uncommon to find yourself face down in the mud of your soul for quite some time depending on how much darkness you've carried and what your natural vibration is with which you are aligning.

Awakenings are about letting go and uncovering your truths. In an awakening, it truly feels like you don't have a choice, and that avoidance brings an enormous amount of suffering. This is why we spend time discovering our true name to begin opening those doors and spaces. An awakening can inspire different levels of awareness in the heart, body, mind, auric bodies, and energies. These openings to greater awareness are just that, openings. They're opening to something that is already inside of you and a part of your true self. Nothing new is being gained. It is important for you to embrace that awareness to continue moving forward.

However, it is not necessary to wait for something drastic to happen in our lives until we learn to shift our consciousness and become more awakened and aware. We can shift our consciousness deliberately by practicing focus. With focus you become mindful and fully aware of what is going on around you. As you learn to stay in the present moment on a regular basis, this awakening experience will eventually lead you to a higher level of consciousness and a permanent state of enlightenment.

Having any kind of shift may seem to do all the work for you. Especially in awakening, it seems like you are along for the ride. However, we cannot let ourselves get stuck in the duality of the mind that thinks that something is being done to you or for you. An awakening may open the flood gates, but you have a choice in how you join with it or resist it. The more you join with it, the more you discover that you are now on conscious path to enlightenment and higher consciousness.

Sometimes the Lower Self or ego wants to define the Being as awakened so clearly that process is still encumbered by the Lower Self and it is the unconscious ego that is trying to survive in this phase. Just remember, that the Higher Self becomes less and less interested in explanations and more concerned with letting go of your attachments.

In the return to truth, you have a much clearer understanding of who you've been trying to be and who you really are. It may seem challenging at first, but as you allow this growth and trust in your inner Light, you'll find that nothing could be more natural for you.

There's this interesting fact that moving into the light actually can be the more intense of the two phases. There are qualities of greater ease when you turn to embrace your light, and where certain things were very difficult in the dark phase, they're much easier to be with in the light phase. Into these greater depths, embracing the light can pull up some of the most horrendously painful and debilitating behaviors that have poisoned your lifetimes. Because you are relaxing into this space, you can see this

deeply ingrained, hidden, and involuntary darkness with greater awareness. That can make the vibrational difference between the dark and the light even more extreme. As you awaken and go more deeply, you'll find that you need greater and greater purity around you to work with more subtle levels of dark. This dispelling the darkness phase is temporary and this phase is also a gift. With so much naturally arising inner awareness, it's like the floodgates have opened.

### **The Five Signs of Awakening**

These phases within phases, cycles within cycles, and shifts within shifts are meant to help you assess the fears and illusions embedded in your soul blueprint so you know what kind of help and support you need. It is only when you release those fears and illusions that you change your perceptions and transform. It provides you with a new set of awareness and awakening signs:

1. Feelings of immense love for all of life (yourself included)
2. Deep sense of calm and peace
3. Profound clarity on what is real in life
4. Loss of the need for anything to make you happy
5. Abiding awareness that naturally moves you and shifts you

The last one is the most important to awakening. For anyone that has touched that awakened space in an accepting way, it can and will cause shifts to arise naturally. It's important to remember that these phases within phases, cycles within cycles, and shifts within shifts are not necessarily fun, and any amount of the unaware state that was the norm, soon disappears to open you to the truth of your true being. To be sure, the awakened awareness does not make a preference over how you feel. But the tendency is that as we confront the fears and pain, then we release it and drop more deeply into peace. That typically feels pretty good, and it helps us to choose to embrace the awakening and root out more unconscious garbage.

From these main awakening signs and transformations, a host of other byproducts or secondary signs and symptoms often arise. Consider these four:

- *Loss of relationships.* This is often a result of relationships not being in alignment with love (awakening sign number 1) and the resulting loss of needing life to fulfill you (awakening sign number 4, which is a byproduct of number 1).
- *Chronic fatigue.* Shifting into alignment with the awakening can be intense on all levels of the heart, body, mind, auric bodies, and energies. Awakening sign #5 can really create this issue because some of those who awakened don't feel like they have any space from one shift to the next to catch their breath.
- *Lose sense of purpose.* This is often a result of the first awakening sign because what you may have thought was meaningful can turn out to be your ego or Lower Self. People can get stuck

holding on, and if they do, this issue transforms into deepening places of apathy. To resolve this issue, you have to let go of who you were and embrace what is arising.

- *Temporary sick to the stomach or puking.* This is often the result of any of the awakening signs because the transformation to the higher state of awareness is literally removing the dark remnants and conscious garbage.

### **Awakening symptom: The five senses are heightened**

Your awakening begins with recognition skills you have been working to hone. If you find yourself noticing your surroundings with keen awareness, it is a clear first sign of awakening. An awakening causes an acute awareness of what's going on around you. All of your five senses become heightened as you enter the awakening process. Other awakening symptoms can be your awareness of subtle vibrations as you enter a room full of people, or your awareness of your own emotions in certain situations. The symptoms of awakening are very individual indeed, but you will start noticing these kinds of awakening symptoms at an early stage as you practice focus on a regular basis.

Let's explore the awakening symptoms the physical, emotional, mental, and spiritual levels.

#### **Awakening Symptoms – Physical Level**

As you practice focus on a regular basis, you may experience physical symptoms of an awakening. It's not uncommon for your hands and feet to get warmer and even tingle (recognition). Other physical symptoms of awakening are racing heart, itchy skin, ear ringing, and a feeling of lightness. You may also experience changes in energy levels, sleep patterns, and intestinal movements. Some people may even get headaches, backaches, pain, allergies, dizzy spells, and night sweats. These physical symptoms of awakening are just indications of an inner resistance, and that you are not yet up to speed with the higher vibration that your focus brings about. However, as you learn to relax, let go of your inner resistance, and get accustomed to the higher vibration, the physical symptoms of awakening will subside.

#### **Awakening Symptoms – Emotional Level**

When you are not used to the high vibration that focus brings about, you may experience emotional symptoms of awakening. Depending on what type of transitional phase you are in, you may feel calm, happy and joyous. However, it is also possible that you experience mood swings, sudden waves of emotions, overwhelming feelings, anger, impatience, sadness, feeling drained of energy, nervous, panic attacks etc., for no apparent reason. It is also not uncommon for old memories, both good and bad to suddenly resurface. It's akin to being on an emotional roller coaster, but you have to remember this is all part of the awakening process. The chakras are opening and closing which can cause these mood swings. These emotions have been serving you in the past, but now you need to let them go. The important thing is that you let out your emotions without getting attached to the negativity by re-thinking and analyzing your emotions, because that will only keep the negative feelings stuck inside of

you. The purpose with focus is to allow the emotions to surface in the light without introducing any resistant thoughts so that they can resolve in this high vibrational place of awakening. Just allow the emotions to be there without reacting on them. After a while the emotions will resolve and you will feel rejuvenated and renewed.

### **Awakening Symptoms – Mental Level**

As you transition and awaken, it is not unusual to think that you are losing your mind, or that you are going crazy. You may also find you are talking to yourself more often. This is an increase in communication from your inner voice or Higher Self and is quite common. You may experience strange voices that feel uncomfortable and that don't seem as your own. That's because they are not. This uncomfortable voice is the Lower Self, and not your inner voice. Focus teaches you to quiet your mind and to move beyond your Lower Self. The Lower Self understands that you are seeking to get rid of the ego and it will do anything to stop your awakening process. Your Lower Self can sustain and thrive on negative energy from your negative thoughts and behaviors, and will increase the negative voices in your head to abort the transition and awakening process. Just remember that when you think that you are losing control, or losing your mind, it is the Lower Self trying to resist the awakening process in any way it can. A general rule is that if the voice in your head makes you feel bad, then it's the voice of the Lower Self, and if the voice in your head makes you feel good, then it's your inner voice or Higher Self speaking. You may also experience strange voices that don't seem to be your own that may be coming from your Spirit Guides or other Spiritual Beings trying to help you transition and awaken. This is nothing to fear and will give you perception into your awakening.

### **Awakening Symptoms – Spiritual Level**

The Divine guidance during an awakening can come in many shapes and forms; through dreams, events, people etc. You will transition to higher vibrations as you awaken. One of the most typical symptoms can be found in your dreams. The dreams are more lucid, vivid and intense than usual. You may dream of angels, spirits, and deceased love ones, and it will seem very real. Awakening symptoms can be events of coincidence and synchronicity, a feeling of being closer to nature and animals, a feeling of oneness with everything, a sensitivity towards other people's feelings, a sudden feeling of being different from family members and friends. It's not uncommon to start questioning your life purpose, realizing what your life purpose is, dropping old friends and making new ones, speaking your truth, having an intense urge to find your soul mate, wanting to make life changes, wanting to take better care of your body, or become interested in tarot cards and crystals, which are all common awakening symptoms. It's also not uncommon to develop psychic gifts, have out of body experiences, see colors in your peripheral vision, see your own auric bodies, take a sudden interest in healing, sense presences, see, hear, and communicate with angels, guides, spirit beings, and/or deceased ones. Maybe you don't develop any healing abilities or psychic gifts, but you will definitely have a higher awareness of the spiritual plane as a response to your awakening. You may get clear visions, or hear your inner voice through your other senses: as a smell, taste or emotion (again recognition).

One of the most common awakening symptoms is that all of a sudden you seem to have fewer problems in your life. Everything gets easier and things that you perceived as problems before are now just situations. Instead of being problem oriented, you become more solution oriented. You realize that problems only exist in your conscious mind.

An awakening is the state of self-realization beyond the Lower Self. It means that you will distance yourself from your Lower Self so that your Higher Self can take its place. As you learn to focus on a regular basis and quiet your mind, your Lower Self will gradually dissolve. This is how it happens:

When you practice recognition, you become more aware of your emotions and physical feelings early on from outside influences. You will be able to detect emotions such as fear or anger before the momentum starts. Instead of listening to your Lower Self and reacting to your negative emotions, you will be able to become still in that situation until your negative emotions have passed. As you move beyond your Lower Self and find your inner space, you allow your inner wisdom to enter and guide you. Your actions will be based on truth, which are clear symptoms of awakening. This dissolution of your identity as a separate Lower Self is indeed a very important awakening symptom, because you will experience an inner peace and freedom that you have been seeking for so long. This awareness when you transform the feeling of separateness into a higher level of consciousness will change your whole life. As you reclaim your true power, your relationships and your life in general will improve. As you move beyond your Lower Self, you will start hearing your Higher Self and inner voice much clearer. Your Higher Self always comes with messages that are empowering. These messages can come as an inspired thought or action, or come in your dreams, which are very common awakening symptoms. One of the most amazing awakening symptoms is the connection to the Divine force or Universal Source. It is the purest form of energy that flows through you from this place of awakening, and your power of influence from this state is huge!

Within these awakenings, there are also three categories of transformations that you should be aware of:

- Epiphanies
- Realizations
- revelations

An epiphany is a sudden, intuitive perception of, or insight into the reality or essential meaning of something, usually initiated by some occurrence or experience that presents a moment of revelation and insight. This epiphany provides clarity and an opportunity to shift your perception by pointing you towards changes to be in better alignment with truth.

A realization is a fundamental, permanent shift in your sense of Reality. It's important to remember that every experience has its limit, because a realization doesn't set out to change you, but the transformation is a byproduct of the profound realization. Most people open to the possibility of growth experience some kind of shift in their sense of reality. For example, perhaps one used to feel most people were idiots, and now one feels much more compassion for people. This is in part due to introspection into your own liabilities and also because of a general increase in your sensitivity to your

own suffering and the suffering of others. Think of it this way. It is a small "r" (realization), if it takes the form of a permanent, positive shift in your relationship to others. But as necessary as human maturation is and the necessity for genuine transformation and growth, why settle for little "r" when a big "R" ( ) is available to you as well. The shift in your sense of reality that is a Big "R" is profound. It is literally a shift in Identity and Higher Self. All the realizations associated with being merely the physical body and Lower Self (ego) are little "r" realizations. You are a Spiritual Being and you are the Consciousness in which the universe is arising. You suddenly can see all the ways and how your Lower Self ideals are built around and reinforced by these behaviors, and to move forward from a realization like this will mean leaving those Lower Self ideals. At this point, it is unlikely that you know your purpose in this life, and you don't know your true being. You may not even know to really question who you are yet. You understand a truth on more than just a mental level. But because this can really shake up someone's life and often results in life altering changes, many people will confuse this realization with an awakening.

A revelation is a divine or supernatural disclosure of something relating to human existence or the world and causes a fundamental and permanent shift in your sense of reality, and all your conclusions about it. All revelation will fall into the category of either knowledge or wisdom and causes you to experience radical shifts that translate into tangible changes within all areas of your life bringing more of your heart, body, mind, and spirit together. It is the ability to transcend the constructs of the mind and awaken the authentic truth that resides within you.

**The process of enlightenment can be categorized as follow:**

- Awakening
- Awareness (Initiate Level works in this realm)
- Enlightenment
- Full Spiritual Enlightenment

The last stage of full spiritual enlightenment is very powerful indeed, and it is the unfolding of one's true nature into pure positive energy. At this stage one is fully living with one foot on the physical plane and one foot on the spiritual plane and holds no resistance at all. It is from this state of being you create miracles. You can connect to the Divine Force/Universal Source and only need to practice to maintain this high vibrational state of being.

**How to Awaken**

If you are searching for awareness or enlightenment, you should be using your conscious evolution skills beginning with focus and recognition for an awakening. Focus is specifically designed to activate the third eye (pineal gland) to produce lucid, vivid and intense states of consciousness. Eventually you will be able to be unconditionally present with focus. In this lucid, vivid and intense state of consciousness, you will experience the awakening symptoms of being fully alive and reconnect with the life force of the Universal Source. It is important to remember that the awakening process towards enlightenment is an

ongoing process and that you should practice focus in some form on a daily basis. This is a good idea if you want the enlightenment experience to keep expanding.

## **The Stages of Awakening**

Awakening is a highly individual experience. For some people it may take many lifetimes and learning lessons before an awakening even begins. A person normally goes through different stages of awakening until they reach a permanent stage of enlightenment. There is no time frame for how long it takes to go through the different stages of awakening.

### **Lower self-oriented Stage**

Before the awakening process begins you are Lower Self-oriented. The Lower self is a negative energy field that exists in our bodies. It has the tendency to feed on negativity and seek drama. That drama can manifest in the form of competitiveness, criticizing, judging, boasting, insecurities, and a host of other fears. Without negative energy, the Lower Self cannot survive. In order for the Lower Self to dissolve, we must stop feeding the Lower Self with negative energy from our thoughts and emotions. Focus is the easiest way to quiet your mind and allow the Universal source to influence your life. Most physical beings stay Lower Self-oriented their whole life without awakening but they will re-emerge into pure positive energy when they make their transition to the other side. So, what are common triggers for an awakening?

### **Stage 1 – The “Awakening” is triggered or happens spontaneously**

The awakening process is triggered by a dramatic event that has a profound effect on you as a person. Examples can be depression, illness, economic crisis, near death experience, or the loss of a loved one. However, it is not uncommon for an awakening to happen spontaneously when your soul is ready.

### **Stage 2 – Questions about afterlife, re-incarnation, and spirituality**

In this stage there is awareness that there might be something more to life than what you can perceive with your five senses. This stage of the awakening process can be very emotionally overwhelming, especially after a dramatic occurrence. You may need to find new ways to deal with the experience and it is not uncommon to seek higher forces when nothing else can comfort you, or when no one can answer your questions in a settling way. It always generates questions about life after death, re-incarnation, and spirituality.

### **Stage 3 – Awakening of the chakras, awakening symptoms**

In the third stage of awakening, if you have not been practicing the daily ritual of clear, cleanse, and balance, then the seven chakras are now awakening gradually. Depending on your state of being, the opening of the energy centers of the body may cause awakening symptoms on the physical, emotional,

mental and spiritual level. We will view this portion from the aspect that your chakras are opening up, as you awaken.

As you allow this new and higher vibration in to your body, your inner resistance will become more apparent. These symptoms can either be mild or intense depending on the state that you are in. If your Lower Self exhibits low self-esteem, worry, anger, sadness, or depression, it is most likely that you will find the symptoms more severe. However, it is important to remember that awakening symptoms are just indications that you are not yet up to speed with this new and higher vibration that you have just allowed through your chakras. To ease the awakening symptoms, make sure to drink lots of water, get plenty of rest, eat healthy, go for walks, and practice focus.

#### **Stage 4 – The healing process**

As you leave your Lower Self behind and move towards acceptance and acknowledgement, the healing process can begin. This stage of awakening is less turbulent and confusing and can be a welcome relief. You are now starting to accept your life exactly as it is, and understand that death is part of the life cycle and that your loved ones who have made the transition are still with you in spirit. You are now beginning to see yourself, others, your life, and the world in a new and positive light. You may still experience awakening symptoms, but now as you have found inner peace and entered the healing process, they will be easier to handle. There is a point on your path where you know that you must make a change. It's always right at the edge of breaking free, and you should note that there are as many of these types of moments as there are the many veils of illusion to shed. There is usually one key moment where you will know there is no turning back. You will suddenly see that there is a huge price to pay because the Lower Self still has a stake and vested ego. At this stage, the Lower Self is still fighting to hold control over you. It is at that moment when you start to see what awakening really means, that deeper awareness is preparing to come forward. It's also at that moment, that you often realize just how truly scared you are of breaking free.

#### **You Were Not Looking for Freedom**

So...90% of you were not seeking freedom on your path. You were probably taught through various religions that following the path to enlightenment is the way out of suffering and that if you turn to the Divine to find salvation your suffering will end. But leaving suffering and finding salvation does not mean that your life will be free from pain and difficulty. It's important to appreciate this reality as you will find that your new found freedom has the potential to lead you into great difficulty. This is because you still look to the outside world to confirm and affirm that you are doing the right thing which in turn creates great doubt. If the world is always supposed to like you and be easy for you to validate you as walking the "correct" path, then suddenly you may think that you are doing something wrong. This is a gross misunderstanding, and it is why you must remember that success in the external world does not reflect success in the internal world and vice versa. It is for this reason that if you suddenly find this adversity, this is usually where you want to stop, shut down, and turn back. This generally presents itself when your opportunity to transcend this difficulty has arrived. The result is that this possibility is not realized, and it is because you were not seeking freedom because you had no idea what would be asked of you. If

any of these things ring true, and if any of these resonate for you, then do yourself a favor and write down what you really want, then state an Intent to seek freedom.

### **The Gatekeeper**

There will be much on your path that will be intensely challenging, the least of which will be fear. Fear is one of the gatekeepers of your path. There are some interesting ways fears keep you from places that you are not ready to go or keep you from moving forward. Your Lower Self manifests the anxieties of fear by making you feel like you are losing everything, and that includes the idea of loss. This is because the Lower self is thriving in the negativity, and if you have come to your path trying to gain a new identity for yourself or anything else, you will be sorely disappointed when suddenly this idea and attachment must be severed. First you have to understand and appreciate that every emotion and every part of life has a sacred role to play. It is because of these sacred roles that you must address your fears and the attachments that come with those fears that keep you chained to old and unhealthy ways of being. Because of this, you must be willing to internally inspect your Lower Self and soul blueprint to discover your fears, face your fears, and release your fears to transform to the next part of the path.

This may be the first time you have ever truly gone within a fear. You will likely do this again many times. Meeting the gatekeeper this time is just the first time, not the last. You will likely find many fears and many other doorways on your path. You may try to run back to the door that you have just walked through, but that is impossible. When that shift within happens that starts the internally opening process there is no going back. You can close your eyes and turn up the music really loud, but the new harmonies, sights, and sounds of your true life are already there. So let go of the struggle.

If you are not past this first main fear yet, let go of the struggle here too. That's part of what is energizing fear. Your attention and your struggle to escape it have given it form and life. Now it's time to learn how to command and control it. Now is the time to simply breathe into that space and recognize that you must release it from within. If emotions come up, just be with them, and continue breathing. Let the relaxation that comes with deep breathing soothe away this fear. Once you have understanding, command, and control over the fear, create an Intent and release the fear.

### **Pleasures in the bad**

We often talk about standing on a precipice and needing to step off onto your path by taking a giant leap of faith. This is one of those instances where your Lower Self finds pleasures in the bad. What does this mean? The Lower self will feel very triumphant when something bad happens that you could not have foreseen. Its negativity will try to convince you that everything you are doing is foolishness or was a mistake. For instance, let's say your company may have downsized and you lose your job and because you lost your job, your spouse divorced you. The Lower Self will take pleasure in telling you to go back to your old life where it was much safer. In reality, this is far from the truth. You may still have lost your job and your spouse if you'd stayed on the edge of the precipice. Perhaps, you were already falling and you just assumed that the rush of the air was the wind. But in truth, you will find that you are falling as you come into your awareness. The path didn't push you off the precipice it simply made you aware that

you were already plummeting to your own destruction. Your Higher Self will tell you now is the time to learn to fly.

### **Embodying the Truth**

By now, you've probably figured out that the awakening comes from within and in its own sacred time. But that is because you are already a profound, loving, and infinite being. What you may need is time to understand how to act from your new space. You will need practice, and you will probably need help you break down old patterns and develop new patterns. You are now like a seed, once it springs forth, there is much work and much growth that it goes through as it learns to develop its roots and live in the world it is part of. This is the real awakening process and this is the embodiment process of learning how to be grounded in truth, but not get lost in it.

### **Stage 5 – The awakening is completed**

You now hold the key to create and manifest whatever you desire. Your awakening process is now completed, in other words, you are now awakened and aware. However, your journey continues with new life learning experiences, towards enlightenment. As mentioned earlier, even though you may not reach the state of being *fully* enlightened, you can certainly come to a permanent state of enlightenment. The awakening process continues throughout your life, and magical experiences are there for you still to explore. As a reminder, the awakening is a shift in consciousness. Instead of understanding it mentally, you must explore the movements of awareness emotionally. As with recognition, it is important that you notice how your experiences of awakening make you *feel*. As you enter the awakening process, you will feel better and better in every way because you enter the energy of the Universal Source.